

BENEFITS & USES

CASTOR OIL



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Benefits & Uses

Castor Oil

HAIR FACE SKIN NAILS

Introduction (Check at the end for an amazing PROMOTION)

I want to thank you and congratulate you for downloading the book, “*Benefits and Uses of Castor Oil*”.

Are you familiar with castor oil? This is one of the numerous oils that cater to your various health needs. The trick, though, is finding the right one for you.

Castor oil is one of the widely used oils for different reasons and one of these is its application in various industrial products. Apart from being used as a food additive, flavouring, candy, and for medicinal purposes, it is also used as a home beauty remedy. Yes, you read it right. That is why this is also called the *wonder oil*, a name attributed to it because of its innumerable uses.

In this book, you will learn what castor oil is, the benefits and specific uses, proper storage instructions in order to avoid spoilage, and most of all, precautions for your own safety.

Take your time to read and find out about this *wonder oil* from the wonder fruit itself and discover its numerous health benefits.

Thanks again for downloading this book, I hope you enjoy it!

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Chapter 1: What is Castor Oil?

Castor Oil is a multi-use vegetable oil that is produced in the process of pressing the seeds of the Castor plant known as *Ricinus communis*.

Its common name, Castor oil, is derived from the word catoreum, which is a popular perfume base. Its hue ranges from colorless to pale yellow although it admits of a brownish black variant which is known as the Jamaican black castor oil. You can also notice it easily from its distinctive taste and odor at first contact.

Being a triglyceride, about 90 percent of its fatty acid chains are ricinoleate, a term which was also derived from *Ricinus communis*. Among its other significant components are oleate and linoleates. It has a boiling point of 313 degrees Celsius with a density of 961 kg/m³.

This oil is predominantly from Africa and India where it has been commonly used as an age old healing oil. It is also famous worldwide for its analgesic, anti-bacterial and anti-inflammatory properties. It is a versatile oil that has been a constant favorite of different industries like food, beverage, cosmetics, health care, and even textiles. Being a humectant, it helps lock in moisture on your skin and hair.

Dermatologists recommend the use of this oil in keeping your face moisturized and treating various facial problems as it is non-irritant, hypo-allergenic, and does not clog pores unlike other oils. When applied lightly on your face, you will surely feel its immediate effects.

Castor oil and its derivatives are used in the manufacturing of brake fluids, coatings, cold resistant plastics, dyes, hydraulic fluids, inks, lubricants, nylon, paints, perfumes, pharmaceuticals, polishes, soaps, and waxes.

Though it has a lot of health benefits take note that what we are dealing with here is the oil and not the seeds. Be sure you do not confuse that as Castor seeds are highly toxic. In fact, it can cost you your life once you ingest 4-5 of them. So as a caveat, use only its oil and not the seeds.

Chapter 2: Benefits and Uses of Castor Oil

Castor oil is an excellent remedy for those who are suffering from skin problems such as sunburn, acne, stretch marks, wrinkles, and skin spots. By using this oil, you can also avoid some of the most dreaded skin conditions.

Sunburn

When your skin is exposed to the glaring heat of the sun for a long period of time, your skin becomes irritated and inflamed.

Castor oil can help soothe sunburn. But take note that this oil can only cure those minor burns. Severe burns should be treated at health care facilities by trusted professionals. Present in this oil in adequate quantities are anti-inflammatory properties that help soothe inflammation, thus, healing the scorched skin.

To heal sunburn, simply mix Castor and coconut oil in equal amounts and gently lather on the affected areas. After a while, the pain from the sunburn will subside and eventually heal.

Acne

Acne occurs when your skin pores are clogged by sebum (skin's natural oil), dirt, and bacteria and then become inflamed.

This is a common problem among teenagers in which the hormonal imbalance causes extreme sebum production but this problem can happen to any age groups.

Acne is often characterized by whiteheads, blackheads, pin heads, pimples, and in worst cases, pustules and cysts. While there are also a lot of remedies to heal acne, most of them containing Benzyl peroxide and salicylic acid, Castor oil is a perfect natural cure to having a pimple-free face.

When applied onto the skin, it draws out the bacteria, dirt, extra sebum, and dead skin cells from your pores. Due to its anti-bacterial properties, bacteria cannot spread out onto your face and cause acne. Even though this oil is directly applied on the skin, it does not clog the pores. It helps clean the skin and penetrate deeply to target the causes of acne.

To treat your skin with **Castor oil**, here are the steps you need to follow:

1. Prepare a wash cloth, clean towel and a basin of steaming water. (Make sure that your face is clean).
2. Hold the towel over your head and lean over the steaming water. Do not stoop near the water, it might be too hot for you. Steaming helps the pores open up, making the penetration of the oil into the skin easier. The purpose of putting the towel on your head is to make sure the steam directly targets your face.
3. After a few minutes, take the wash cloth and dip into lukewarm water. Apply a small amount of Castor oil onto the wash cloth.
4. Gently rub it on the affected areas in a circular motion. Do not scrub your face as your skin might get irritated.
5. Allow the oil to remain on your skin overnight in order to seep deeper into your skin and target the skin problem.
6. In the morning, remove the remaining oil from your face using a damp towel.
7. Rinse your face with cold water to close your pores allowing the active ingredients of the oil to remain deep in your skin.
8. You may wash your face to remove excess oil, if you want.

This must be done for 15 continuous nights. If you do not have acne yet you want to prevent it from sprouting, then you can use this method about 2-3 times a week as a preventive measure.

Dry Skin

From the warm sun to the harsh weather, you can almost ensure that you will have dry skin. Dry skin can be something that can cause further problems such as pimples, wrinkles, flaking and cracking. That is why it is important to keep your skin hydrated and moisturized all the time.

As the largest organ of the body, your skin is capable of releasing natural moisturizers. But there are times when the skin fails to perform its job. That is why it is important to find a moisturizer that is effective and natural for the skin.

Here is how to prepare your **natural skin moisturizer**:

1. Prepare the Castor oil and a thin natural oil such as coconut oil.
2. Mix the two oils in equal parts.
3. Apply unto the skin and allow it to remain for up to 30 minutes.
4. Rinse off the oil with water and a mild cleanser.

If you want a natural **face mask for intense moisturizing**, here is how you can make it.

1. Prepare an egg yolk and a tablespoon of Castor oil.
2. In a bowl, mix the oil thoroughly with the egg yolk.
3. Apply gently on the face in a circular motion. Leave it for 15-20 minutes.
4. Rinse off the mask.
5. Apply moisturizer if you feel it is further needed.

Stretch Marks

Stretch marks are those ugly lines that either appear as reddish, brownish, or whitish marks on your skin. This occurs when your skin could no longer bear the stretching.

This usually happens when someone gets too fat, suddenly becomes thin, or as a result of pregnancy. The main protein needed to maintain your skin's elasticity is collagen.

When your skin stretches beyond its capacity, it breaks causing those ugly lines. Stretch marks are usually hard to remove and it can take several months and sometimes with the need of clinical procedures. That is why it is best that you should avoid having stretch marks.

Here comes Castor oil which can heal and prevent stretch marks from forming on your skin. Through its moisturizing and healing properties, stretch marks are prevented.

Collagen production is also stimulated when applying the oil, encouraging the skin's elasticity.

Here is how to use the oil to keep your skin from forming stretch marks:

1. Prepare coconut and Castor oil.
2. Mix the two oils in equal parts and gently rub on the affected areas.
3. Remove the extra oils using a towelette.

Wrinkles and Fine Lines

Wrinkles and fine lines are among women's main problems as they age and they have been finding ways to keep their skin young and fresh. These lines are caused by dehydration, smoking, and over exposure to the ultra violet rays from the sun among others.

There are various ways to prevent and treat wrinkles but you need to find something that is not just easy to apply, but is also natural and effective.

Castor oil being a versatile oil, can help you reduce the presence of wrinkles and fine lines. It is a natural emollient that will penetrate deeply into the skin and stimulate its natural collagen production to help make it smooth.

The collagen and elastin released in the skin will hydrate it and smooth out the wrinkles. You just need to apply it this way:

1. Prepare Castor oil and thin natural oil such as coconut oil.
2. Mix the two oils in equal parts.
3. Apply to the skin and let it remain up to 30 minutes
4. Rinse off the oil with water and a mild cleanser.

Warts, Moles and Skin Tags

Warts, moles and skin tags are more popularly removed by clinical procedures. But you can do it at home with just Castor oil and some baking soda. But how does the mixture of these two vital ingredients work in removing skin tags, warts and moles?

Warts are caused by the virus known as Human Papilloma Virus (HPV) which has over a hundred types. It may affect people differently depending on the strength of their immune system. Most warts are harmless but there are some that are harmful.

Common warts may be harmless but they are not pretty to look at, and thus the need for remedies to remove these unwanted warts.

Curing warts with Castor oil does not happen overnight though. It might even take months to remove them permanently. Castor oil works best on warts that are flat on the hands and face. The acid contained in the oil is irritating for warts. Application on the affected areas should be done twice daily.

Skin tags are fleshy bumps usually ranging in size from that of a rice grain to that of a pea. They are usually harmless but not pleasing to the eye. Moreover, they might occur anywhere on the body.

They are commonly found in areas where the skin folds such as the eyelids, neck, breasts and groin and are associated with being overweight or obese. HPV is also associated with having this kind of skin problem.

To remove these, make a paste out of baking soda and Castor oil and apply over the skin tag. The area must be covered with a bandage. Change it when necessary and continue to apply until the skin becomes smooth.

Castor oil can eliminate unnecessary growths on the body including moles. Using this as a remedy will most likely not leave any scars. But just like with wart and skin tag treatments, this process will take time since the oil will be peeling the mole layer by layer.

Here is how to make use of it to remove moles:

1. Mix baking soda, a few drops of Castor oil and aspirin in a clean, small bowl.
2. Rub the mixture gently on the mole in a circular motion.
3. Wait until the mixture has dried out before washing it off later. You should do this twice daily until the mole has been removed or reduced.

Ringworms

Are you being troubled by an itchy and uncomfortable circular pink patch that you cannot stop scratching? This is what they call ringworms. Ringworms are not uncommon as studies show that 2 out of 10 people are plagued with ringworms. That is why a lot are looking for an immediate cure to the pesky patches.

These patches are not only itchy but also sting. This disease is communicable between people who share locker rooms, swimming pools or individuals with pets. But these can be easily cured by using Castor oil which contains anti-fungal properties that can get rid of the ringworms.

When the oil comes in contact with ringworms, your pink itchy patches will miraculously heal. To apply, massage the oil on the affected area until healed.

Athlete's foot

Tinea pedis or commonly known as athlete's foot is a common fungal infection usually on the foot but may spread to palms, groins and other parts of the body. This is because the fungi thrives on warm, moist areas which is why sweaty feet are often the target. Your sweaty feet inside the socks then becomes an ideal environment for the fungi.

The most common symptoms of athlete's foot are excessive itching between toes, blistering, burning stinging sensation of feet, peeling, and discoloration of toe nails.

The risk of having athlete's foot is higher for those who constantly wear shoes, have weak immune system, injuries in toes or nails, and moist feet for a long period of time.

An easy way to treat athlete's foot is through the use of Castor oil. The oil has anti-fungal properties that will help you cure athlete's foot.

Here is how to apply it to effectively find relief from athlete's foot:

1. Wash your feet and other affected areas thoroughly.
2. Let your feet and other affected areas dry since moisture promotes the growth of the fungi.
3. Apply Castor oil all over the affected areas. Wipe off excess oil.
4. You can wash the oil after 1 hour or leave it on overnight. It is recommended to do this overnight to completely ensure that the oil deeply penetrates the skin.
5. Be sure to wash your hands and disinfect. To reiterate, this is quite contagious.

Hair Loss and Split Ends

Castor oil is mainly popular due to its hair care benefits especially in treating or preventing hair loss and split ends.

There are many reasons behind hair loss and split ends. Some are so severe that they are suffering from near baldness. The cause of hair loss may be from loss of nutrients to environmental hazards.

To treat hair loss and split ends, it is best to use an overnight hair mask for the active ingredients to deeply penetrate. Here is how to make your **hair mask**.

1. Since Castor oil has a very thick consistency, you should mix other thin oils such as coconut, jojoba and sunflower to achieve a thinner consistency. You can choose any oil you want to pair it with. Mix them in in equal portions.
2. Using your fingers, a brush or a comb, slowly apply the mixed oils to the scalp in a firm circular motion. This can ensure that the oils are properly mixed into the hair and stimulate hair growth as well as treat split ends.

3. Part your hair into sections and ensure that every part is covered with the oils.
4. Wrap your hair with a towel or a shower cap. Leave it on for at least two hours. For better results, leave it on overnight. This will ensure that the oil has enough time to penetrate and treat the problem.
5. In the morning, wash your hair with shampoo and condition your hair.

Nail Treatment

If you are suffering from problems with your nails such as discoloration, nail fungus and abnormal nail growth, it can be treated by using a cheap and easy home remedy. These problems stem normally for fungal infection that can be countered by Castor oil's anti-fungal properties.

Follow this method to treat your nails:

1. Soak a cotton cloth in Castor oil.
2. Wrap the nails with the cotton cloth overnight for deep penetration.
If you do not like this method because it may be messy, you can opt for a soak like this:
 - In a basin, make 1 part Epsom salt and 3 part water solution. Add in the Castor oil and make sure that it is well mixed.
 - Soak the infected areas for 15-30 minutes. You may repeat this daily if you want faster results.

Calluses and Corns

Calluses are thickened and hardened tissues or skin as a result of constant friction.

Corns look cone-shaped and point into the skin, usually forming on pressure points from poorly fitted shoes or a bone spur. These two usually go hand in hand and are among the most common foot problems.

To treat calluses and corns, here are the basic steps:

1. Fill a basin with water (about halfway), soap, a cup of apple cider vinegar, and Castor oil.
2. Mix well and soak your feet for 15-20 minutes.
3. Take the pumice stone and soften the calluses in long strokes.
4. For corns, dab Castor oil on the affected area and massage gently. The corns will peel off about 10 days after the treatment. If there are still any left, repeat the procedure.

Arthritis and joint pain

Common to people with poor diet, inherited genes or simply aging individuals. Arthritis is characterized by inflammation of either one or two joints. You will typically experience pain, stiffness, and swelling around the joints especially on the knees, feet or hands.

Castor oil is considered safe and effective to use when healing arthritis and joint pain. There are different approaches in using this oil as a remedy.

Here are the easiest and basic uses of the oil against arthritis and joint pains:

1. Soak a cloth in Castor oil and wrap it around the swollen area. To make the swelling less, apply hot compresses over the cloth. Leave it up to an hour or until you feel relieved from the pain and swelling.
2. You can also use the oil against arthritis orally. You just need to mix a tablespoon of it in your drink. Do not take more, you might suffer from oil overdose.
3. Another way to apply this would be gently massaging warm oil into the affected area. You can perform this ritual before you go to sleep. Just make sure that the oil is not too hot to burn your skin. You can leave the oil on your skin overnight so that it can penetrate deeper into the joints.
4. Boil water with a pinch of ginger. Add 2 tablespoons of the oil. This should be done when the pain and swelling of joints are severe. This concoction can be taken first thing in the morning or late at night.

5. You can take Castor oil capsules if you find any of the previously recommended treatments a hassle. Just be reminded that the capsules may not be as effective as the pure oil form.

Chapter 3: Proper Storage Instructions

If you are using Castor oil on a regular basis, it is great to know how to store it properly to keep it fresh and effective. Contrary to what is commonly known, oils lose some of their healing properties when they are exposed to light, air and moisture.

The ways of keeping oil safe may not be common and easy to find but now, oils can be ensured to be fresh and effective. There are several factors to consider in preventing environmental conditions from spoiling oil.

1. Avoid exposure to heat. Oils, especially those not meant for cooking, degrade their quality when they are exposed to heat. It is best to store it in a place with a standard room temperature.
2. Castor oils' effectivity can be lessened through exposure to sunlight. Most oils tend to go bad when exposed to direct sunlight. Moreover, sunlight can also heat up the oil and degrade the quality. Thus, it is better to put your oil away from windows. You can store your oils inside cupboards and drawers to keep the oil from being exposed to sunlight.
3. Moisture is a big no-no for oils. It will make the degradation of its quality faster. You must be sure to place your oils in areas where there are no water leaks or any source of water. Keep your oil from damp places.
4. When you open a bottle of Castor oil, chances are its quality will be affected. The longer it is exposed to the surroundings opened and unused, the more likely it is to degrade. Exposure to air and moisture once opened causes the oil quality to depreciate. Use Castor oil within six months from opening to make sure that you are using it in its best quality. If you have those opened bottles of oil for a long time, do not use them anymore and throw those away instead. It will no longer be as effective as before and may cause you some undesirable side effects later on.

5. The oil has a long shelf life if sealed tightly and left unexposed to any environmental conditions such as water, air and sunlight. Make sure to store them in opaque or semi-transparent bottles. One popular storage is the brown amber bottle that is used by many in storing oils of this kind.
6. Keep the storage bottles clean. Dirt, moisture and other substances may alter the Castor oil's efficacy. Make sure to dry the amber bottles after washing.
7. As much as possible, keep the bottles full to keep air away. When bottles are not full, the air resides in the empty space, oxidizing the oil. Oxidized oil is degraded oil. It will lose its smell, nutrients and properties. You can opt to transfer the oil into smaller bottles so that it will be exposed to little amounts of air.
8. Keep the lids of the bottles tightly closed. Moisture and air may creep in the little space between the mouth of the bottle and the lid. The exposure to air and moisture will affect the oil's quality.
9. Remember the expiration dates and the date it was first opened. The expiration date provided will tell you when the oil is going to go bad. You should take note when the bottle is opened since degradation is faster after exposure to light, water and air. Oil life is shorter once it is opened. Place a tape on the body of the bottles and write on it using a permanent marker the important dates so that you will not miss them.
10. Keep the oil away from the curious hands of children. Though Castor oil is generally safe, actions of children are unpredictable and full of surprises. They might ingest the oil in large amounts and cause toxic reactions or start a fire with its flammable properties. You will never know how creative children can be so make sure that you put it in a safe place, out of their sight and reach.
11. Do not forget that oils are flammable and Castor oil has that property as well. You will never know what accidents will happen. Make sure that it is away from areas where flame is regularly used. Manhandling oils might cause unprecedented accidents and fires. It is better to be safe than sorry.

Chapter 4: Precautions for Your Safety

Allergies and Irritation.

You may experience allergies and irritation when applying the oil on your skin. Though it is generally safe for everyone to use, some people just have sensitive skin and may get irritated.

An obvious indicator that your skin is irritated is when it becomes itchy and reddish. The problem is that severe irritation may be very itchy and uncomfortable. You may need to consult a doctor for it to be treated immediately.

To prevent severe reactions, test it first on a patch of skin and see if any adverse reaction occurs. If nothing happens, then it is safe for you to use.

If you are afraid to use it, mix it with other oils to reduce the chances of possible irritations.

Signs that Your Castor Oil has Gone Bad

Castor oil as well as other oils will have physical manifestations once it will go bad. Some may fail to notice the signs and use ineffective oils. Again, to prevent this from happening, use your Oil.

It's a volatile substance and will not retain its beneficial properties past the given expiration date.

Conclusion

Thank you for downloading this book!

Now, you have reached the end of this book. I hope this has answered all your queries regarding this very effective oil.

Castor oil can be used in various ways that it is considered a treasure in some countries. Being informed of its uses, every user is ensured of the countless benefits from this miraculous oil.

There is not much fuss about this – where to find or buy – as it is widely available.

So do not waste your time and immediately grab your own Castor oil for a healthy and beautiful life ahead of you.

Thank you once again and good luck!



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